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The best summer jams courtesy of Regina's in the know **P. 24**

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Tannins that stand up to meat and compliment camping **P. 31**

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WHEN ROGER BRANDVOLD HELPED MAKE THE RIDERS A REAL BUSINESS, TROPHIES AND RINGS FOLLOWED P. 4



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Paul Sockolichewin, Roughriders board chair, holds the trophy up to a group of people in an outdoor setting with a crowd around the trophy. Sockolichewin is wearing a dark jacket with a Canadian flag patch. The trophy is a large, silver, cup-like object. The photo is credited to Bryan Schlosser.

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Spending time in the sun is that much more fun with a pocket of summer jams. QC PHOTO BY DON HEALY

QC COVER PHOTO BY BRYAN SCHLOSSER

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ON THE COVER

To me, it's all about people, and I've just been the lucky one. — Jim Brandvold

#PAST ROUGHRIDERS CHAIRMAN

Brandvold considers himself 'the lucky one'



Roger Brandvold was the Saskatchewan Roughriders' governor and chairman of the board for the past four Canadian Football League (CFL) seasons. QC PHOTO BY BYRON SOLOMONS

By Rob Vanstone

Roger Brandvold has two Grey Cup rings and more cherished Roughriders memories than he could possibly count.

Brandvold, who was the Saskatchewan Roughriders' governor and chairman of the board for the past four CFL seasons, volunteered his

time and expertise during a transfer to live in the history of the Green and White.

The constantly varied team was adjusting to a new governance structure when Brandvold joined the board in 2010. At that time, the Roughriders was only beginning to show a profit after running deficits for 10 years, and now will finish as the Grey Cup champion

perhaps.

"The life count has since doubled, thanks to Grey Cup victories in 2007 and 2013. The Roughriders are run like a business, with president/CEO Jim Hogeau having administered a near decade of change. And the financial success—in the form of operational and arena figure profits since the books were closed in 2007—has made the

Roughriders the envy of the CFL.

"You think about why we've changed," Brandvold reflected after leaving the board following the season's successful season of nine years.

"It comes back to 2001. I gave credit to the current management committee at the time who said, 'We've got to move to a board of directors and we've got to move to a full-time CEO

body if it could be a big change. Well, it could be a big risk, but we have to quit operating this business on the back of a square package. We've got to operate it like a full-time business.' That was a huge step. Then there were some adjustments between management and the board. We had to set policies. We had to go right back to square one almost."

We've been very fortunate. We've had great board members who stepped up. They were willing to challenge each other. They were willing to listen. — Brandvold



Paper Shredvold at 2008 Grey Cup Festival (photo in review section)

Brandvold has seen the organizations go from square one to No. 1.

"I've been one of the lucky ones to be there all the way through this time," he continued.

"We've been very fortunate. We've had great board members who stepped up. They were willing to challenge each other. They were willing to listen. And you've had management people who haven't been afraid to ask for assistance to ask for advice, or to bring forward recommendations. It's a good working team."

Brandvold's transitional approach elicited pleads from Hoggan.

"He's a classy guy," said Hoggan who, along with Brandvold, was the co-chair of the 2003 Grey Cup Festival. "He's a guy that you really like working with. His personality and his respect for others are inclusive."

Hoggan noted that Brandvold was always quick to emphasize that, even as the chairman, he was but one member of the board — which is now headed by Wayne Morisy, who has moved up one notch in the hierarchy after being the vice-chair.

Continued on Page B

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He was very respectful that I was the president-CEO, Brendan (Taman) was the GM and Corey (Chamblin) was the head coach, and that we had the responsibility to make those things happen. — Jim Hopson

Brendan, meanwhile, will head a group of part-owners and part chairman while also co-owning on his own. He is the senior vice-president with the Cancer, Clark & Lazen Financial Group.

For Brendan, it seems like just yesterday when he was a new member of the board, upstaging to the inner workings of Bidsville.

"I remember the first few board meetings I was at," he said. "We actually sat back and said, 'Could we ever become the Edmonton Eskimos?' We'd look at their helmet chart and we'd say 'Could we ever get that far?' It seemed like it was out of the way."

"I also remember talking to fans who would say 'that got as a play-off game—even if it's a crossover.' That's the way we were at that point in time. As we worked through it, we changed the organization. We changed the way of the Bids. We changed the way of being just willing to accept."

"We just kept hiring good people and putting them in good positions and it started to unfold. I could never have imagined it, but there were times in there—probably late in 2009 or early in 2010—when it started to make some sense that we were going in the right direction."

"The 2009 season triggered the current era of prosperity. Under head coach Kent Austin and general manager Eric Tillman, the Roughriders took an emphasis step forward after three consecutive 10th seasons."

"I think we happened quicker than we would have expected it to from a championship point of view, but we were starting to develop as an organization," Brendan said.

"We had to quickly learn through right after that, and we knew that we weren't completely there. Then we hit '09 (when the Roughriders lost the Grey Cup game due to the 13th man rule) and that was a tough blow to everybody—every fan and everybody in the organization. But we knew that we were starting to be there as an organization and that we had something to work from."



Rugby head coach and Jim Hopson accompany The Grey Cup in a horse-drawn wagon at the Grey Cup parade in Regina on Nov. 25, 2010. Hopson and Brendan co-own the Grey Cup. Photos by Mike Schaeffer

I think '07 happened quicker than we would have expected it to from a championship point of view, but we were starting to develop as an organization. — Brandvold



Ryan Brandvold at the announcement about the new Moose Stadium project in Regina on May 22. The stadium is slated to open in 2010. THE CANADIAN PRESS/MICHAEL SELL

The Roughriders returned to the Grey Cup game in 2003 only to suffer a heartbreaking loss to the Montreal Alouettes for the second successive year. After two sub-.500 seasons, Sas katchewan was again Grey Cup bound as 2003, with a new twist.

For the first time, the Roughriders played hard to and won a championship game, defeating the Hamilton Tiger Cats 30-20 on Nov. 24.

"Is there a highlight? November was over the top — and I'm still not sure that I have fully digested that,"

Brandvold said with a smile.

"We had the ring ceremony and that started to crystallize it a bit, but I would have to say the stadium is probably the highlight. It's no longer just for the organization, for the CFL, for the city and for the province."

The new Moose Stadium, to open in 2010, was unimaginable when Brandvold joined the board. The stretch of that time revolved around how to renovate Taylor Field to make it more functional.

"Somebody asked me about what

my No. 1 goal was (when he succeeded Rob Pickens as the chairman). Brand told me, 'I said my first goal was to make the organization better than it is today, but I knew it was only baby steps.'

"Deep down, I felt comfortable to work hard on the new stadium. I'm not suggesting it was just a pure goal and that was one I had in front of me, but I knew we had to continue to work hard at it. I knew we had to continue to drive toward it. And during the time I was here, we were fortunate

enough to get that done."

"But we still still believe that we have to just continue to be better. If we continue to be better, the football team will be better. The fan support will continue to be better. That's our overall goal. But we're always hard."

Brandvold's immediate goal is to continue to support the Roughriders in any manner possible. That said, he knows it will be different without being a key member of the board. An adjustment period will be required.

"I've had lots of time to think about

this and I know the day was coming," he said. "This is a transitionary group of people and that's what you lose out on."

"Staying being part of the Roughriders is what we all love. Whether you're living in Saskatchewan or not, you love the Riders. Being as close as I've been to it over the last nine years has been tremendous. It's the people I won't have the same, every day in transition with, and that's always the toughest to accept, I think."

Continued on Page 8

I give credit to the current management committee at the time who said, 'We've got to move to a board of directors and we've got to move to a full-time CEO. Yeah, it could be a big change. Yeah, it could be a big risk, but we have to quit operating this business on the back of a cigarette package'—Randvold

"But I've also been around the board long enough and watched great directors leave and new directors come on and a new set of eyes has always been good for the organization."

Harry Clarke (who replaced Brandvold on the board coming in as a transitional addition. He fit in well and took things slightly different and he fit in along with new ideas and he'll encourage some more things. We'll only get better I accept the terms and had the privilege of being here nine years.

The nine-year period does not include the time he spent as interim for the club before joining the board. For example, he was involved in the 2003 Grey Cup when that event was held in Regina.

Even as Brandvold became more actively involved with the organization, he knew and respected where the line was drawn.

"He never ever tried to interfere with what I do on the football side of things," Hope said. "He was very respectful that I was the president-CEO, Brandon (Thoma) was the GM and Corey (Chenille) was the head coach, and that we had the responsibility to make those things happen."

"He was very interested and he was very supportive, but he never thought that I was his role to become involved in football decisions. That was not going to happen. That's a great reason why we've done as well, too. When you have good people, you hold them responsible, you let them do their job, you give them the support, and good things happen."

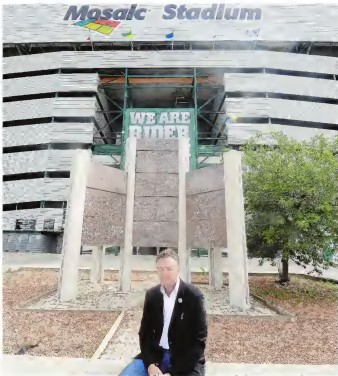
One of those good things, from Brandvold's standpoint, was the interaction with the fans.

"I can't say enough about the Raptor Nation, and I mean that sincerely," Brandvold concluded. "I've watched it grow over time. I've watched it perform and be ambassadors of our club. I've watched them come to our games and they're there to cheer."

"They're also interesting in the sense that when things aren't going well, I do get emails from them. Back in 2013, I remember getting emails telling me to fire everybody. Without those fans, we wouldn't be where we are today, and I'm very proud of that. The other side of it is the relationship I have with Jim, the main agent team and the board."

"To me, it's all about people, and I've just been the lucky one."

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THOMAS says enough about the Raptor Nation. Without their fans, we wouldn't be where we are today. —and Roger Brandvold. © PHOTO BY SIMON SCHUBERT



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Like many people, you've probably had a time in your life when you've looked around your house and thought, "I have too much stuff! Maybe you got rid of some of it, or maybe you just couldn't bring yourself to part with it. But keeping it leaves the question of where to put it all.

One of the best options is at a self-storage facility. Regina has several such facilities, the newest of which is That Storage Place, located on the South Service Road near Lewman Drive. That Storage Place opened in March of this year, and has since gained a reputation for being one of the best self-storage options for Regina's residents.

"We believed the south end would be a terrific location. We primarily wanted to provide the service to what we believed was an underserved part of the city," said Woody Leippi, president of That Storage Place. He

explained that a feasibility study was done to determine the best location for the business, a number of potential locations were found, but Leippi and his team decided that the South Service Road location would be the best fit.

Currently, That Storage Place has three buildings, totalling 23,000 square feet of storage space spread over 213 units in their first phase. There's plenty of room to grow,



however, and the plan is to eventually have nine buildings, totalling 690 units or 71,000 square feet. Heated and regular units are available in seven different sizes, ranging from 5 feet by 5 feet to 10 feet by 20 feet, with one of the more popular sizes being 7.5 feet by 15 feet (112.5 square feet).

"Our 7.5 by 15, which is similar in size to an average size bedroom, seems to satisfy many of our customers' storage needs," said Mark Yablonski, co-owner of That Storage Place.

Regardless of which size a customer chooses, they'll know that the items they're storing are safe from both potential thieves and the weather. All of That Storage Place's units are



equipped with door alarms, and also include a padlock, insurance and a gate code for 24-hour access. The property is under 24-7 video surveillance, and Leippi and his team are able to monitor all on-site activity. Most of the units are heated using in-floor heat, and each door has a "double lip" to prevent water from entering the space. Moving supplies are available on site for customers' convenience so that valuables can be kept safe and secure while in storage or being transported.

Units can be rented in person or online at thatstorageplace.ca — if booked online, the renter only needs to stop by the office to pick up their keys and gate code, and sign a rental agreement. The office is open seven days a week and follows regular business hours, however, if after-hour service is required, appointments can be made by calling 306-522-4224.



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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

By **TRACY FRIESEN**

Make Ride the Waves your emotional guide

Ride the Waves did not come out of emotion. For me, it came out of an anxiety.



Tracy Friesen

Before I started writing it was in the middle of going through the hardest time in my whole life. My husband and I were separating and I was scared and I was unsure of where my life was heading.

You see, I am always the one to lend a listening ear as I am, through my extensive non-fiction and alternative medicine training, able to help you see

the light or the good in any situation. People always tell me how good they feel about themselves and their life after sharing with me.

Going through my own adversity, I myself, did not have anyone to talk to or to share with about what was happening in my own life and I felt isolated from the world.

It was in this uncertainty feeling that I just started talking to the page. I would write about my thoughts and give answers to the page as a way that I would share ideas with those that shared with me so that a few days later I could read what I wrote objectively. It helped me to finally see the light or the good that was going in my own life. It truly was my own personal life answer.

Do you ever ponder things in your life or get frustrated? Looking from a different place can often provide you with a new outlook to something that is happening in your own life.

Ride the Waves gives you new ways to look at situations, people in your life and circumstances you are faced with so you can move forward in your life with confidence and clarity.

Ride the Waves — How to Take Control of Your Life One Session at a Time is a collection of 360 inspiring, visual, motivational messages meant to be read one per day based on the calendar year. Although, I have been told that some people just open my book to a random page to see what treasures they may find for them.

aches at that particular moment so there are no set rules to reading it. Life is a blank and dark some days that taking five minutes to read *Ride the Waves* daily ray of someone is such an eye opener to life's beautiful inspirations with some pearls of wisdom and guidance thrown in.

Further more, because of how the book is written it makes a great gift for any occasion.

In Saskatoon, you can find *Ride the Waves* at McNally Robinson, Crystal Cove at the 3rd Street Market and Farmers by Fred. Purchase online at Amazon, Chapters, Barnes and Noble, Thomas and The Book Depository. For more information about my book and what I do, go to www.TracyFriesen.com.



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Workers climb down a ladder at coffee time while working on the outside of the Saskatchewan Legislature in Regina. GP PHOTO BY BRIAN SCHULZSEN

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July 1
Canada Day: all-day
activities and fireworks
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July 4 to 6
Twilight's Bell Tourney
Watrous Sports Grounds

July 5 and 6
Spirit of Manitou
Studio Trail

July 19
Husmen Beach Boogie
Watrous Arena

July 24
Brad Johnson & The Boys
Danceland

July 26
Watrous Fun Run Show
and Shine
Main Street Watrous

Saturdays
Farmers' Market
Watrous Civic Centre

Sundays
Flea Market
Manitou Beach Sports
Grounds

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For more information on these or other events going on in Watrous and Manitou Beach, visit www.watrousmantou.com or call 1-877-756-8885.

Watrous-Manitou's economy continues to grow

Continued from Page 14

explained that the area's tourism sector has always been successful. Watrous is hoping to push the sector even further through developments at Manitou Beach and, with Tourism Saskatchewan, through a new community tourism plan and re-focused branding efforts and how the town can continue to grow its tourism sector.

"Generation after generation of people have been coming here, starting in the 1920s... so we're looking at the next phase of that now," said Mene.

This area has received some provincial and national recognition as of late. It was named a Top 50 Canadian Beach by Reader's Digest, and Manitou Springs Hotel and Mineral Spa was named a finalist for Canadian Tourism Business of the Year. The Manitou & District Regional Park Campground is also one of the most popular in Saskatchewan.

With much of its four main economic pillars expected to continue to be successful, Watrous-Manitou is expecting its population and economy only to grow. And this expectation doesn't seem to be off mark.

For more information about Watrous and Manitou Beach, make sure to visit www.watrousmantou.com.



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Watrous/Wanitou Beach

Arts and culture alive and well in Watrous

By Mike Shiplock For L.P. Specialty Products

If arts and culture are the heart and soul of a community, then the communities of Watrous and Wanitou Beach have some of the biggest hearts and kindred souls on the prairie. Since 1973, WMAC (Watrous and Area Arts Council) has brought live musical and theatrical entertainment, as well as visual art in a variety of media, to Watrous and area, which includes a 50 km radius.

As an organization, their mission is simple. "WMAC is dedicated to providing top priorities for everyone to participate in a variety of art experiences." This mission involves professional live performances throughout the year, providing a space for art exhibits and workshops in a variety of artistic media at the Gallery on 2nd for people of all ages to enjoy and participate in. Don't think for a moment that this is an organization run by a few people looking to expand their hobbies. Sponsors from the Town of Watrous and the Pleasant Village of Wanitou Beach have donated money and dozens of volunteers to ensure that the arts continue to grow and prosper.

"I love the arts, but especially live performing arts. I love the fact that I don't have to drive to the city to see a quality performance," said Eggenette Wal, who has been president of WMAC for the last seven years. "I get to experience a variety of new musical genres right here in my home town at a very reasonable price. It is fun to try something new because music is so much more exciting experienced live."

People can save money by purchasing an annual "Bike for Saskia" ticket for \$100 for adults, \$50 for school-age children and free for kids under six. Tickets are available at Watrous Pharmacy, Watrous Affinity Credit Union and Daneshwan. Door tickets are \$55 for adults and the Daneshwan buffet is available for an extra cost.

\$55, which is still a great price. Details can be found online at watrousbikeconcert.com/2014.

On July 24 at 2:00 p.m., Brad Jenner & The Jenner Boys will perform live at Daneshwan (Wanitou Beach). For the past 20 years, Brad Jenner and his brother Ron have been familiar faces in Watrous when the country music scene was the Jenner Brothers. For the last three years, Brad has freshened up his act by bringing three of his five sons and some of their friends along for the ride.

"We stood on the stage of the Grand Ole Opry and [Daneshwan] is kind of the same thing," said Brad. "It's got so much history, and it's a great sounding venue. You can't help but think back to how much music, fun and dancing has been going on over how many years. It is a part of Saskatchewan's history. I just hope they continue to keep it up, keep doing dances and concerts."

Brad Jenner & The Jenner Boys is the perfect band for a dance crowd. Brad will perform his hit "My Brother and Me," a love song from his solo career and fun little ditty that got the crowd moving. When his sons will follow with songs from Bruno Mars, Hedley, John Mayer and even Michael Jackson. "We do about 60 to 70 shows a year. It's pretty much always country that the older crowds want to hear, a lot of pop hits, and then we mix it up with some music for the younger folks. We switch it up all the time and have a great mix with it," said Brad.

Advanced tickets for Brad Jenner & The Jenner Boys are \$20 for adults, \$5 for school-age children and free for kids under six. Tickets are available at Watrous Pharmacy, Watrous Affinity Credit Union and Daneshwan. Door tickets are \$55 for adults and the Daneshwan buffet is available for an extra cost.



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Watrous-Manitou Beach

Ready, set, go to the 23rd annual Watrous-Manitou Fun Run Auto Show and Shine

If you're looking for a holiday with a difference, consider spending some time in Watrous, a quaint town just an hour and a half's drive from Regina. In addition to enjoying the best day of Manitou Beach, you can take in a host of activities that are planned throughout the summer.

One of the featured attractions in Watrous this summer is the 23rd annual Fun Run Auto Show and Shine, planned for July 20. Main Street Watrous is the site of this popular car show, which features antique and specialty vehicles, antique tractors, muscle cars, motorcycles, trucks, and restoration.

Initial interest in the Fun Run Auto Show and Shine began in the late 1960s, when the idea for the show was presented as an option for bringing more tourists to the community. The Watrous and District Chamber of Commerce approached the Saskatchewan Goodwill Car Club to determine if the club would be interested in organizing and holding the car show. The club agreed, and the two organizations came together to debut the first Watrous Fun Run Show and Shine in 1969.

This joint proposition worked well until 1996, when the Saskatchewan Goodwill Car Club decided that they would like to do their own holiday car show. Watrous, this club hosted its own show in 1997, and the Watrous and District Chamber of Commerce took over running the local event.

Since then the Fun Run Auto Show and Shine, supported by local businesses, organizations and other supporting sponsors, has become a favourite among locals and tourists alike. The auto show is the longest-running annual event in the town of Watrous.

Car show participants can register for the Fun Run Auto Show and Shine up to and

including the day of the event. The first 100 entries received by July 22 will be entered in the car registration draw, which includes a first prize of \$300 cash (draw made July 26, winner must be in attendance at the Avenir Banquet) and a frequency VIP prize package valued at \$300 (two night's accommodations, breakfast and lunch at Manitou Springs Resort, and gift certificates from Terra Plaza, Manitou Golf Course, Manitou Win Cellar and the Jubilee Drive-In). The draw date for the second package is July 23.

Registration fee is \$15 per vehicle (includes Show and Shine, cash prizes, souvenirs, entry for awards and picnic). Paid participants can pay register for only \$10. A cash award has been added for the best car club participation. Last year's winners were the Saskatchewan

Major Club and the Prince Albert Kiwanis.

The day begins with a pancake breakfast at 8 a.m. at the Seniors Group Centre on Main Street. Show and Shine registration begins at 9 a.m. with food concessions beginning at 11 a.m. The family entertainment begins at 10 a.m. with Bumper the Clown. At 2:30 p.m., there will be a cruise down to Manitou Beach and back. For the car show participants, an awards banquet will be held at 5 p.m. at the Cento Centre.

Throughout the day, the Watrous Auto Council will be hosting "Art in the Park," a gathering of local talent.

Other great attractions throughout the day include Racing Against Drugs program vehicles. Developed by Phoenix and Manito, this program visits schools across the western provinces to deliver

a message about the importance of remaining drug-free. They teach how to say "no," and the importance of looking at the family unit as a team. Kevin Thomas and his team from Portland, Maine, and his team from Portland, Maine, will be in attendance with Phoenix, the world's first and fastest blow-dryer. Make sure to get close up and personal; you might even hear it fired up. Don't forget your camera!

Admission for spectators is free, and there will be lots of free family activities, including Bumper the Clown, fireworks, face painting, Koolha's, balloon art, and family entertainment. Also known as "Professor Pumpy Stick."

For more information, please contact Jason Langdon at Watrous Manito, Manito at 204-948-8336, or visit the show's website at www.watrousfunrun.com.

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Don't be deceived at first glance or first taste: John's Plate Family Dining 212 First Avenue West, is a contemporary rural restaurant that cooks up big city flavours. In business since 2008, John and Heidi Kasprinski have been providing authentic meals from a menu packed with everyone's favourite local

There is no ordinary small town, fast in the past, slow down for John's. It is all about quality and adding a personal touch to every order. That's why the burgers are homemade, the steaks are chef-grade – never frozen – and the gourmet plates are prepared to your specifications.

"People have noticed that the meals are often so different," said John Kasprinski, owner of John's Plate. "They notice the efforts that we put into our menu. For example, we have different chicken options because we know people are eating healthier. We know the town is enjoying the food because we always hear good things about what we're doing and they tell other people, too."

The most popular lunch item has to be the steak sandwich. All of John's steaks are Canadian AAA and aged over 30 days to ensure tenderness. As well as our daily lunch menu, we offer a lunch menu featuring items which change with the seasons. For supper, again, the steak is a favourite. However, the pasta dishes are popular too due to the selection that is available. With the possibility of custom orders, if it's Pizza you crave, try one of our Gourmet Pizzas! Lots of toppings, great food that will be sure to satisfy your appetite. Save lots of room for dessert though! John says the brownie plate is very big and very tasty.

Manitou Beach

Manitou Springs Resort and Mineral Spa receives national attention

By Miranda David

L-1 Specialty Products

The Manitou Springs Resort and Mineral Spa has been a part of Manitou Beach for more than 25 years. And as the only resort in the country to draw its waters from a lake that has been crowned as the Dead Sea of North America, it is truly one of a kind in Canada.

"We're sometimes referred to as 'the Dead Sea of Canada' simply because we have such a high concentration of minerals and salts in our pool that even a really nobody like me in North America," said Dwight Heyler, CEO of the Manitou Springs Resort and Mineral Spa. The resort pumps its waters from Little Manitou Lake, a process that includes filtering and distilling the water. The water is naturally high in minerals and salts, and many of these salts and minerals are also in the locally made products that are used as part of the resort's spa services.

The uniqueness of the resort has not gone unnoticed. For the past two years, Manitou Springs Resort and Mineral Spa has been a finalist for the Tourism Saskatchewan Business of the Year Award. And in 2013, it was a top four finalist in the "Business of the Year" category in the Canadian Tourism Awards.

Receiving such recognition is gratifying for Heyler and his team, as it solidifies the confidence they have in the work they've put into the resort. "It means all the money and time that we've been investing in the resort in the last four and a half years since I became the CEO is starting to pay off," said Heyler. "We're seeing increased occupancy in the hotel and a much higher rate of customer satisfaction. And when the tourism bodies — recognize your efforts like they have done, it certainly is appreciated and humbling at the same time."

Heyler explained that, while the resort's staff have always worked to make the resort a welcoming place for visitors, it was in 2010 that the biggest catalyst for change occurred. That year, the provincial health department shut the resort down due to a certain outdoor building in some of the pool pipes. Heyler and his team worked



Photo provided by Manitou Springs Resort and Mineral Spa

hard to fix the problem, and the resort reopened after just over five months.

The resort has seen many changes since that time. "When it comes to the renovations, everything has been done, from paint and carpet, to both floor covering and putting their bathtub products in 60 of our hotel rooms," said Heyler.

The most recent change was lunch unwinding of an outdoor patio, which is open to the public. The outdoor patio has bar and food service and overlooks the lake, making it a beautiful setting for events such as conventions and weddings. But one of the biggest changes occurred in October 2013, when the resort took over management of its on-site dining room, which had previously been leased out to a third party.

"Unfortunately, the service and the food [in the dining room] just weren't where we needed it to be, so we made the decision to take it over ourselves," said Heyler. "We've recently hired an executive chef that has extensive food service experience throughout the world. We're very happy to have him, and the food and the service have really increased tremendously since we've taken it over."

Throughout all of the changes, Heyler said, the Manitou Springs Resort and Spa's staff has remained — and even heightened — the quality of their customer service. "We've really improved on our customer service and the way we look at our customers and the services that we provide to them. And, of course, none of that is possible without having great staff here."

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ON THE SCENE

REGINA ALUMNI ASSOCIATION MIXER

It was a trip down memory lane.

Think back to the era of disco balls, mouse pads of Saturday Night Fever love songs and the music and food popular in the 1970s.

Four decades of the University of Regina Alumni Association were celebrated June 19 at Innovation Place as the alumni association's annual general meeting and mixer.

On hand for what organizers described as a "fun and funky celebration" was Lydia Dornham, the current U of R Alumni Association president, who assumed the role in 1976.

Lydia got things started, said Diane Mullen, manager of alumni relations at the U of R. This June was the 40th spring convocation at the university, bringing the total number of alumni to 85,000, Mullen said.

"That's something to celebrate."

GO PHOTOS BY DOH HEALY

1. Chancellor of the U of R, Dr. Jim Tomkins, (left) and Lynn Tomkins

Loan White

6. James Munro and Joann Hiss

2. Erin Gates (left) and Owen Froehlich

3. Lydia Dornham and Diane Mullen

3. Lucille and Orest Nasvolski

6. Warren Stanley (left), Alex Prough and Katelyn Barber

4. Lina Daniel, Linda Fortinovsky and Paula Soriano

6. May Galspan (left), Jack Dean and Bernadette McIntyre

5. Joanne Macha and



GARDENING

GARDENING IN SASKATCHEWAN

Common perennials' diversity might surprise you

By Lyndon Penner

Gardeners evolve over time. If you think about your gardening journey, I bet the plants you are growing now aren't the ones with which you started.

Many of us began with a pretty basic selection of perennials, like roses, peonies and tulips. The basics grow easily and are rewarding, encouraging us to keep growing. As we garden over the years, eventually we reach a point where we don't have space for that clump of roses anymore or we tire of the (temporarily) orange flowers of the tulips.

Like any relationship, the honeymoon comes to an end. On occasion we realize we aren't right for each other anymore and move on. We see other perennials. We feel sensibly going our separate ways.

This is a natural part of the gardening experience, we stop growing everything that comes our way and perhaps we focus on one particular thing. Some of us become woodland gardeners, others focus on growing plants for scent, and still others become seed collectors who have to acquire every kind of flower (shrub or annual) before they can get their hands on it.

The problem with this natural progression is that we may never fully understand these plants. Potentilla is a good example of this.

"Oh goodness, no, I don't care for potentilla!" a friend will say to me defensively.

This often comes from the notion that a person who only knows one golden cultivar and has only ever seen them around that food restaurant and garden centre.

Did you know they come in white, apricot, pink, soft orange and some very nice pale pinks? I ask.



Pink cultivars. Photo credit: Lyndon Penner

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GARDENING

"Did you know some grow as perennials, and not all of them are deciduous! There is even a species that is evergreen."

Often they are completely unknown, missing out on a diverse and actually exciting genus because they thought they knew them.

There are a lot of groups of perennials that need to be revisited. Think you need an acre of space for perennials? There are now some very nice dwarf forms available. Ever dreamed of growing perennials? There is at least one species that has done moderately well for me in zone 3. What about phlox? There are myriad numbers of them, and they are a surprisingly diverse and versatile genus.

Don't be too quick to disregard any of these — one needs only to search outside the main stream.

Colombines and delphiniums are common enough perennials that can be found in the gardens of both new and experienced gardeners. They are so widely known and grown that it would be easy to think you know them, when in fact it might be time to revisit these most sure.

What about Dianthus? This is the genus

that includes all the carnations and geraniums. Some are great annuals, others are biennials, while some are great for the rock garden or the border. Some are fragrant while others are not, some are short and some are tall. It is an impossible group of plants with which to cover in fully acquainted. It's best to withhold judgment and introduce dear gardening friends, and give a lot of our perennials a second look.

Lyndon Pease, author of *The Prairie Plant Society Book*, will be teaching a course about perennials you thought you knew during the 11 of 8-Mile Walk, July 5-11, in Saskatoon. Get reacquainted with some old favorites and learn about some new ones. <http://www.8milewalk.ca/perennials> for more information on courses and registration.

Have a gardening question? Contact Ger deLisle, 506-969-0261 or gerdelisle@sask.ca. This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca).



Yellow columbine (*Delphinium flavescens*)
Photo courtesy Lyndon Pease



Low delphinium (*Delphinium bicolor*)
Photo courtesy Lyndon Pease

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MUSIC

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PLAYLIST

Summer jams for a day in the sun



A day at the beach isn't complete without an awesome, sun-soaked soundtrack. QC FILE PHOTO BY KEVIN SCHUBERT

By Ashley Martin

The sun on your face, the sand between your toes, the water lapping near that song — there's nothing like a day at the beach.

The experience of a sunny summer day in Saskatchewan is enhanced by music that pumps you up and puts a smile on your face. Music that is prominent given the weather we've been having, but here's a sunny soundtrack as determined by some of Regina's biggest music fans. (If it keeps raining, you can use this article to boost your mood regardless.)

■ Sandra Bulat — Regina Folk Festival art table director
Track: Heart Attack Feeling

Artist: Scofield
(This) is such a rocking song — it has everything — a mix of cultural history rapping, sweetie girl beats and it does not take itself too seriously either. It reminds me of driving through the south here. Sandra Bulat was roads on the way to Dieffenbacher with my son Nico. — Eklie on a road trip back from Kellow after we hit the candy shop and a quick dip at Tofu Bay on the way back — windows open, music blaring, both of us singing our hearts off. Top great prairie post-R&B summer moment for me.

■ Justin Shappard — The Bureau, File of Four Brass Band

Track: Happy Artist: Pharrell
Feeling laid vibes of any kind is honestly impossible after listening to that song. It puts me into the perfect summer mood to enjoy life and the sun!
Homeless mentions: Good Times — Chlöe
It isn't necessarily a "summer" song but it's one of the best feel good tunes I know.

■ Val Hala

Tracks: Comparison

Artist: Wife Myra's Maxon
It was in my "Summer of 2007" mix when I was 16 years old, and I really had a car and drove my friends and I around out at Echo Lake/Port Qu'Appelle blasting it on the stereo. It makes me think of all the hope and excitement of being 16 and having a few days of freedom out at my grand parents' cottage, away from our parents and getting into lots of trouble. To this day I don't know what the song is about, but the words always brought me pictures of prairie lakes.

summer moonlight and travelling freedom.

■ Taron Cochrane — Saskatoon

board of directors
Track: Backway Beach
Artist: The Haxxbox

When the clouds break and summer makes it's triumphant appearance, the lyrics that always come into my head are, "The sun is out and I want more." It's also an energetic, fast paced song with a blistering guitar riff and fast-paced drums that perfectly portray the energy and happiness that comes along with a beautiful day of sunshine.

MUSIC

■ **Cornelia Dreier** — *Reggae Symphony*
Orchestra violinist
Track: *Sunday Morning*
Artist: *U2*

The joy in this song is uncomparable with its hopeful lyrics, clap-claps and happy bell like tones. And let's not forget the strings, of course. Nobody can sit still when it's playing! This have reminds me of three fun occasions in my life and its amazing beat playing to a hot, sweaty club (The District in Reggae — may it rest in peace), playing beach volleyball at a young adults camp at Lost Mountain Lake, and having a fun play it again at the Reggae Park Festival. Everybody hear "Let a go!"

■ **Cassidy** — *200* weekday radio host

Track: *Summer Girls*
Artist: *U2*
This most ridiculous lyrics but SO fun to sing along to. U2's but a goodly.
Horseable mermaids: *Friday* — *Toby Amos*
Fl. *Chad* *2024* *Rebel* *Be* — *Chad* *Rebel* *Be*, *Joey* *Glynn*

■ **Colton Crawford** — *The Dead South*

Track: *Rock Lobster*
Artist: *The B-52s*
I'm a big fan of the wonderfully bizarre B-52s — The cruey surfrock vibes and the sound, over the top vocals make this song a favorite of mine regardless of the season.

■ **Armando Soundwell** — *Lil'berry Visions*

Track: *Rock Lobster*
Artist: *St. Vincent*

It's the energy behind the song — the synth bass line, the vocals and quirky instruments that. The lyrics aren't your typical summer banger about sunbathing and bikini's but the song is delivered with a tangible intensity and movement that push me outside to back in the heat.

■ **Quentin Hester** — *The Quentin Hester Band*

Track: *In the Summertime*
Artist: *Mango Jerry*
This is my go-to for the best "getting it started on the beach" song of all time.
Horseable mermaids:

Running Down A Dream — *Tom Petty*

I'm pretty sure it is a tribute to vacation to listen to it without having poor violins cranked down and the volume turned up. Such a night — Be, uh.

It is pretty easy to imagine all sorts of summer party atmosphere going on while this song is playing.

■ **Arny Nelson**

Track: *Long Hot Summer*



Getting ready for a day in the sun? Don't forget the music! We'll make sure you're ready.

Artist: *Keith Urban*

Every time I hear it I want to get in my car and roll down the windows and drive to the close on beach I can find! I am so excited that he will be back at Cavern this summer!

■ **Melanie Henderson** — *Belle Plaire*

Track: *I Don't Feel Like Dancin'*
Artist: *Scholar Sisters*

LAMP sounds and all. Somehow it reminds me of my Ma blasting ABBA's greatest hits in one block in the summer, and hanging with my little pals. And how can you not dance to that song?

■ **Curtis "Uncle" Adams**

Track: *Not A Bad Thing*
Artist: *Justin Timberlake*

It just makes you want to roll the windows down and dance to your own! It's hard to pick

one particular song, but I am definitely loving that one today.

■ **Anthony Badell** — *Under Twine and the*

Track: *Selling Shoes*

Artist: *U2*

Growing up, this — basically played non stop in my car all summer. The classic got stuck in the player and would have required major surgery to remove it, but I love the recording by one of my favorite bands.

■ **Jeff "Redbeard" Corbett** — *CJTR radio*

Track: *Sunny Days*

Artist: *Lighthouse*

It is not a summer person. However Sunny Days from Lighthouse always cheers me up,

especially when it's 30 below. Skip Proke, leader of Lighthouse, wrote this after a near-death experience, so it reminds me to find a little sunshine in every day.

■ **Jon Anderson** — *Kavaler & Clay*

Track: *Acquaint*

Artist: *Outcast*

For me, a good summer song is ALL about nostalgia. Every time I play this song I think of a summer night, really early in the morning maybe. It's a "coming down" song — may be you perked a bit too hard, but you've got that good feeling running through your skin, like a tingling — and the cool air of the summer night just gives you a natural high. That's what this track takes me back to.

and to the good old days

Twitter: @mikejones1980

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration relevant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to gc@leaserpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.

Due to holiday deadline, two winners will be chosen next week.



EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, July 2

Wednesday Night Folk: Rocky & The Arts
Budweiser, 2206 Dewdney

WayBack Wednesdays with Leather Collars
McNally's, 2236 Dewdney Ave

Thursday, July 3

Stephane Thomson
The Pump, 641 Victoria Ave E

Friday, July 4

Millenium's Best
McNally's, 2236 Dewdney Ave

Ainsley Pineson, Bobby Stahr
Creative City Centre
1843 Hamilton St

Cat Phillips
VQR, 1475 Toronto St

Stephane Thomson
The Pump, 641 Victoria Ave E

Saturday, July 5

Adrianes
Featuring Koko Buki,
Amara Kuntis, Coffermen and
Fuentes Lopez Band, On Bird
and Blue Bird and more
Music 8 p.m.
Victoria Park

Break Down Party Band
McNally's, 2236 Dewdney Ave

Stephane Thomson
The Pump, 641 Victoria Ave E

Sunday, July 6

Cool Real Beards, Anna Ray
Creative City Centre
1843 Hamilton St

Korgis, Bloodline
The Exchange, 2436 14th Ave

Monday, July 7

Monday Night Jazz & Blues

The Jazz Band-His
Budweiser, 2206 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Space
Centre, 3018 Dean Dr. Call
Mike, 306-550-3911.

Tuesday, July 8

[NONE THAT WE COULD FIND]

VISUAL ART

Comedy Is Tragically Plain

Two Canadian and international artists explore the relationship between the tragic and the comic. July 4-Aug. 27
Dunlop Gallery, 591 Central
Express, 2311 23rd Ave. AND
Dunlop Gallery, 591 Dunwood
Village Branch, 6121 Roadside
Blvd

Not Over You
July 4-Aug. 27
Mark Climborg's work uses
text-based forms of public
address. The phrase "not over
you" looms over the building
and over the individual is
that pass through its doors, a
deeper pan on the dissonance
between the physical and
emotional spaces we simultane-
ously occupy.
591 Central Branch, 2311 23rd
Ave

**Black Nation: Art, Hip-Hop
and Aboriginal Culture**
Various artists juxtapose
urban youth culture with ab-
original identity to create in-
novative and unexpected new
works — in painting, sculpture,
installation, performance
and video — that reflect the
current realities of aboriginal
peoples today.
Opening reception: July 4,
7:30 p.m.
Ongoing tour: July 5, 2 a.m.
Exhibition: July 5 to Sat. 7.
McNally's Art Gallery, 3470
Albert St



Check out Black Nation at the MacKenzie Art Gallery including the video dance to *Mila Ghazal* by Milla Morimoto

Cultural Return: Ryan Arnett
Until July 12, Nouveau Gallery,
2148 Albert St

Members' show
Until July 12, Silverlink Ar-
tists' Collective, 2150 Albert
St

Oh Hay Bro
Works by Saskatchewan
visual arts artist Robert Thack-
erley Jr

Until July 26, Slate Fine Art
Gallery, 2076 Halifax St

Resonance of Glass
The Artists of Scott Nicholson
Fine Arts Now exhibits
quarterly
Until July 31, Regina Centre
Crowling, 1621 Albert St

**Jean E. Sommer: All Girth Is
Ritual**
Mandala-like paintings of
natural materials speak to

our physical and emotional
intimacy with nature.
Until Aug. 21, Art Gallery of
Regina, Neil Belliveau Civic Arts
Centre, 2420 Olinstone St

Art in Bloom
Works offer a variety of tex-
ture, colours, patterns, and
materials.
Until Aug. 24, MacKenzie Art
Gallery, 3470 Albert St

Emily Vay Duka and Cooper

**Existence: Here is Every-
thing**
Marked by an animated
cat and rabbit who claim to
be speaking to us from the
future, this is a bitter-sweet
reflection on the instabi-
lity of death, the existence of
God, and the possibility of
redemption Part of Tuesday
Plus Time
Until Aug. 27, Dunlop Art
Gallery Central Mediawest,
2315 12th Ave

EVENTS

My Place

A five-decade retrospective which celebrates the renaissance of Newfoundland and Labrador artist
 1011 Ave. 24, MacKenzie Art
 Gallery, 3475 Albert St.

Olderliff Gift and Fine Arts
 Oil and ink paintings by
 Chinese artists Lingbo Xing and
 Huoyi Tan
 2303 Smith St. Open Monday
 to Saturday, 10 a.m.-5 p.m.

COMEDY

The Laugh Shop
 Live stand-up every Saturday
 night, 9:30 p.m.
 Harbourside Hotel, 1818 Victoria
 Ave.

PERFORMANCE

How to Give Feedback
 Workshop for poets and
 performers
 Every Thursday, 7-9 p.m.
 Creative City Centre, 1843
 Hamilton St.

**My Canada Includes ... Belly
 Dance!**
 Zivfiyah Belly Dance Troupe
 and Aashana Rose Dance col-
 lectively Canada with a student
 belly dancing show.
 July 3, 7:30 p.m.
 The Artisan, 3527 13th Ave.

DANCING

**Seize on the Floor with Re-
 gine Salazar**
 July 3, 7-11 p.m.
 City Square Plaza

The Hoop
 Neonlight dance party featur-
 ing music by DJ & The Royal
 Crews, The Duchess, Kiki
 Reine, July 3, 9 p.m.
 Artful Dodger, 1831 11th Ave.

Wetns Dance Party
 Every Tuesday
 McNeil's, 2226 Denison Ave.

Latin Lounge
 First Monday of the month.



Party Me! It's 1950 during *The Hoop*, a nostalgia-dance party at the Artful Dodger this Saturday night. PHOTO BY KATE BULLY

Hosted by Cubanate Dance.
 July 3, 6-11:30 p.m.
 Artful Dodger, 1831 11th Ave.

FOR FAMILIES

Stems and Straws
 Wednesday, 1 p.m.
 Complex Odium Southland
 Mall, 3025 Gordon Rd.

Bake A Difference
 Combat bullying through
 baking: spread kindness with
 a cookie.
 Wednesday, 5-7 p.m.
 Sweet Ambrosia Bakeshop
 220 Winnipeg St. N.

Cinema Under the Stars
 Bring your own blankets,
 chairs, etc. for a family-frien-
 dly film screening. Children

and activities before
 the film, which screens at
 dusk.
 Wednesday 8 p.m.
 Victoria Park, downtown.

Drop In Indoor Playground
 Friday, 9-11:45 a.m.
 South Leisure Centre, 170
 Sunset Dr.

Mom and Tot Board Meetings
 Hosted by Kate Marley, 306-
 235-2551.
 Friday, 10-11:30 a.m. Early
 Learning Family Centre, South
 Colleagues, 3390 7th Ave.

Build and Grow Clinics
 Build a special feature project.
 For children ages 3 and up
 Saturday, 10 a.m.
 Laves, 4555 Gordon Rd.

Michelle Kide Club
 Saturday, 10 a.m.-noon
 2088 Prince of Wales Dr.

Family Recreations Film
 Enjoy a favourite film for just
 \$2.50
 Saturday, 11 a.m. Galaxy Cin-
 emas, 430 McCarthy Blvd. N.

Family activities
 Saturday and Sunday, 2 p.m.
 Saskatoon Jewish Science Cen-
 tre, 2903 Powerhouse Dr.

Family Studio Sundays
 Sunday, 2-4 p.m.
 MacKenzie Art Gallery, 3475
 Albert St.

Parent and Preschooler
 Juggle Gym
 Monday, 9:30-11 a.m.

Al Ritchie Family Wellness
 Centre, 445 14th Ave.

Explosion Days in the Park
 For kids.

Sports in the Park with
 Saskatoon Jewish Sports Hall of
 Fame
 For kids ages 3 to 12, Cell 306-
 259-7547 to register
 July 6, 9:30-10:30 a.m., Victo-
 ria Park.

Mom's Morning Out
 2200 Avonhurst Dr., Swettenham
 SaskTel net

Mothers of Pre-Schoolers
 (MOPS)
 Rosewood Park Alliance
 Church, mops@rosewood-
 park.ca

Regina Newcomers Club
 reginawcomersclub@gmail.com

Time Out For Parents
 Al Ritchie Family Wellness
 Centre, 2250 Lindsay St.,
 306-525-4969, arw@
 sasktel.net

Y's Moms Group
 YMCA, 3600 10th Ave., 306-
 757-9623

**Y's Moms Group for Multi-
 styles**
 YMCA, 2400 13th Ave., meets
 the third Thursday of the
 month at 1:30 p.m.

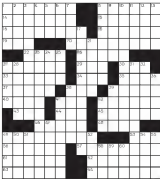
YMCA Regina
 1940 McIntyre St., 306-525-
 2641

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Section letter with word triangle legs
 4 Crossed in a fix?
 14 Book version
 15 Permanent areas
 16 Newborn used to be called in A-Zoo's day
 18 "Dogs" proverb
 19 "Nurses all know better"
 20 Movie leading
 22 Up to the task
 28 Cheats in the foot
 37 "Gone with the Wind" song
 38 "Gone with the Wind" song
 39 Reason for a road
 40 "Gone with the Wind" song
 41 "Gone with the Wind" song
 42 "Gone with the Wind" song
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 59 "Gone with the Wind" song
 60 "Gone with the Wind" song



AUGUST 10, 2014

COWS

1 Cow is a cow

JANBIC CLASSIC SUDOKU

Level: Beginner

Fill in the blank cells using numbers 1-9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (1-3) to Gold (4-6).



Solution to the crossword puzzle and the Sudoku can be found on Page 31.

THE COPPER KETTLE
BEST BUSINESS
SPECIAL OCCASION
DATE NIGHT

You Fill In The Rest!

PIZZA
Dine with COPPER KETTLE

1953 Scarth St. 306-525-3545

The True Mark

Read 3X:
JOHN chapters 1-21

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Todd Lurie
 Owner/Operator

EVENTS

MUSEUMS

Alan Young School Museum
1600 Fourth Ave.
Times by appointment only
(306-523-3500)

Civils Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday 10 a.m.-6 p.m. Closed
Sunday and Monday

**Government House Museum
& Heritage Property**
4827 Dewdney Ave.
9 a.m. to 5 p.m. daily

SCMP Heritage Centre
5107 Dewdney Ave.
Open 10 a.m.-6 p.m. daily

Regina Fishers Museum
1205 Ross Ave.
Times by appointment (306-777-7744)

Regal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
6003 Elphinstone St.
Open Monday and Thursday,
7-9 p.m., or by appointment
(306-547-9340)

Saskatchewan Science Centre
2903 Dowdeswell Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday 10 a.m.-5 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-6:30 p.m.
Closed Saturday noon-5 p.m.
Closed Sunday

OTHER HAPPENINGS

Regina Farmers' Market
We're here and Saturday, 9 a.m.-1 p.m.

City Square Plaza, downtown

Words in the Park
Hosted by Saskatchewan Writers Guild
July 2, noon-1 p.m.
Victoria Park, downtown

Baseball and Softball Stars
Years in the Park with Youth
Males, July 2, noon-1 p.m.
Victoria Park, downtown

SCMP Sergeant Major's Parade
Weekdays, 12:45 p.m.-1:45 p.m.
Depot Division, 5600 18th Ave.

Yoga Party
Hosted by Redchi Tree Yoga
July 2, 9-10 a.m.
Victoria Park, downtown

Spaghi Taklawa in the Park
Hosted by Spaghi Taklawa Association of Saskatchewan
July 2, 6:30-8:30 p.m.
Victoria Park, downtown

A Night in Heaven
Well-known Canadian musician Lisa Scriven will spend the evening passing messages from your loved ones who have crossed over
July 2, 6:30 p.m.
The Artscape, 2627 12th Ave.

Regina Red Sox vs. Swift Current
July 3, 7 p.m. Cante Field

Reggie
Prairie Regional Championship, July 4-6, all day
Regina Rugby Park Clubhouse,
4025 25th Ave.

Art in the Park with the Durrington Art Gallery
Join Durrington Art Gallery for an outdoor art activity each week. July 4, noon-1:30 p.m.
Victoria Park

BuffaloBones Ecological Reserve
Nature Regina tour of the BuffaloBones Ecological Reserve near Lawson Farm Ranch, lots of nature and insect residents.



Run or Cye for Peace in Park on Saturday. PHOTO BY PHOTON

Lots of walking: Cost is \$15
July 2, 8 a.m.-6 p.m.
Meet at 8 a.m. at the Regal Saskatchewan parking lot,
2645 Albert St. CBI
Meet at 8:15 a.m. at the Sandra Schmirler Leisure Centre parking lot, 3320 E. Woodbume Dr.

Running Against Breast Cancer
July 5, 8 a.m.-4:30 p.m.
Henderson Park, Sandra Schmirler Way

Run or Cye 5K
July 3, 9-11 a.m.
Victoria Park

Saturday Morning Yoga

Hosted by Yoga Malls.
July 5, 10 a.m.-noon
Victoria Park

Culture on the Plaza
Regina Multicultural Council presents dance and performance. July 5, noon-1 p.m. City Square Plaza

Afrobeat
African festival features music, dance, food and arts. \$15
July 5, noon-8 p.m.
Victoria Park

Victorian Tea
Hosted by the Government House Historical Society
July 5-6, 4:00 p.m. to 6:30 p.m. Reserve a seat at 839-

571-7123
Government House, 4827
Dewdney Ave.

Regina Red Sox vs. Medicine Hat
July 5, 7 p.m. Cante Field

Red Chi in the Park
Hosted by Regina Tai Chi Tai Chi Society
July 6, 10-11 a.m. Victoria Park

Regina Red Sox vs. Yorkton
July 6, 2 p.m. Cante Field

Pinto & Prose Trivia
Sunday, 8:30 p.m.
O'Leary's, 1947 Seeth St.

Disc Golf in the Park
July 7, noon-1 p.m. Victoria

Park

Chess in the Park
Chess games and lessons
July 8, 11 a.m.-2 p.m. Victoria Park

Ultimate Frisbee Drop-In
July 8, noon-1 p.m. Victoria Park

Regina Red Sox vs. Saskatoon
July 8, 7 p.m. Cante Field

GreenDay Challenge
Drop in gathering of board game enthusiasts.
Every Tuesday, 6 a.m.-midnight.
Sutton Drugs, 5403 Albert St. N.

EVENTS

ACMPC Sunset Retreat Ceremony
Each colourful, 60-minute ceremony includes the firing of the colours, a brief drill, a parade, the lowering of the flag with the playing of military music, followed by the March Past.
July 8, 6:30 a.m.
Kilmer Desert Division, 5667 Bowdoin Ave.

FILM

The Grand Seduction
Comedy
With sales in the fishing industry jeopardized, during a remote doctor becomes the primary focus of the village of Tiohtià (population 120), all so the community can land certified to secure a financial return and save it from bankruptcy.

Alpha Public Library Theatre
235 Lark Ave., 306-777-6104

Flight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote highway in the mountains of Mexico.

Kangas' Animal Kingdom
Documentary
Discover Kangas' famous fauna in their natural habitat, including the big five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two four-legged myxoma and follow them on their ritual safari.

Island of Linné: Montserrat
Documentary
Set in 18th-century Montserrat, the first of the island's mission to help endangered Linné survive in



See the ACMPC Sunset Retreat Ceremony on Facebook or RLE Photo in the GLOBE.

the modern world. Narrated by Morgan Freeman.

Kramer (max)
2003 Riverhouse Dr.
306-322-1679

MOVIES

Dallas vs. From Evil
Horror
A New York police officer (Eric Roberts) investigates a series of disturbing or unspeakable crimes. He joins forces with an unconventional priest (Edgar Ramirez), who leads the rituals of exorcism.

Earth's Echo
Family
When a construction project begins to dig in their neighbourhood, best friends Rick (Astro), Munch (Katie Hartwig) and Alex (The Twins) start to get strange, encoded messages on their cellphones. The three friends learn the secret and find themselves in way over their heads when they discover an alien from another world who needs their help.

School Decca
Comedy/Drama
High schooler Jason has found his dream girl, the gorgeous Anastasia. If he can win

a spot on the school's hottest dance team, he might have a shot. But first he'll have to overcome his mother, survive Anastasia's brother and pass the crew's initiation.

Termy
Comedy
Termy (Melissa McCarthy) is having a bad day. She's totally had a drinker car, gotten fired from her thankless job at a group burger joint, and has found her husband getting away with the neighbor's time to take her beer and back it. The business is she's broke and without wheels. The worse news is her grandma, Pearl (Gusman Gendron), is on a trip and can't be just what Termy needs.

Chesley Cohen
Southland Mall Cinema
2025 Gordon Ave.,
306-322-3283

Redwood Cinema
Garden Mall Shopping Centre
3000 Albert St., 306-309-3260

Send suggestions to our community editor at DL.Letter@winnipeg.com or by phone at 306-322-3283.

WINE WORLD

SASKATCHEWAN WINE SCENE

Tannins stand up to meat and compliment camping

By James Romanow

If you really feel like supporting a Canadian product, the wine you ought to be drinking is Baco Noir.

This is a wine made from a non-varietal grape, (Gouais). It's a cross between the varietals Pinot Noir and a native North American clone. It was created specifically to face the rigours of our climate.

Baco noir, under the guise of marketing, caused most of the vines to be pulled in the late '80s and '90s. The VQA even considered not including it in their quality guidelines. The Baco brothers of industry of Baco noir bought back and for several years to keep it in, and for this we all should raise a glass to Baco.

It's a really nice, medium-bodied red, similar in profile to a good Pinot. It has good acidity, fresh berry flavours and the silky tannins so beloved of good red wines. Despite their apparent glacial pace, these tannins that stand up remarkably well to quite rich foods like steak with capers, rabbit, lamb or, of course, under the skin roast chicken. (Price under \$15).

I look forward to every new vintage as the Baco brothers put out better and better. I drink it all year round and if over time you're a perfect complement and enjoy this as it. You can buy it in quantity without regret and drink it with whatever food you're enjoying that night.



If you find yourself in Toronto this summer, set aside a day or two to check out the Niagara wine. If I were king, I'd insist on a stop at Henry of Pelham vineyard.

Henry of Pelham Baco Noir 2013 \$14.95
Many more wines in Monday's paper and on Twitter @jbrmanow.

Crossword/Sudoku answers

PASSAGE	EMBERS
EDITION	NOIR
LOCAL PUB	COGITO
YSR	FATASACOW
ABLE	LAMES
LESLEY	OIP ABU
CLAIN	ALS WUSS
ODNY	MSS OHSAY
SHOD	OGA PLAYSIN
OGA	ETIC SALVAGE
PLATE	VE
SLYATATON	PE
TOBAG	TRASHBIN
OLAGAE	ARTOECD
PLATES	YESLETS

8	3	6	5	9	7	4	2	1
1	4	7	3	8	2	6	5	9
9	5	2	1	4	6	7	3	8
3	7	4	6	5	8	9	1	2
6	2	8	9	1	3	5	7	4
5	1	9	7	2	4	3	8	6
4	6	1	2	3	5	8	9	7
7	9	3	8	6	1	2	4	5
2	8	5	4	7	9	1	6	3



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FASTER

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3. Select Your Vehicle

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- One of our credit specialists will get in touch with you by email or phone (your choice) and find out what type of vehicle you are looking for.
- You send us 2 of your most recent paystubs or appropriate form of proof of income, a copy of your drivers license, a void check and we deliver your vehicle...

It's That Easy

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- ✓ Consumer Proposal
- ✓ Bad Credit
- ✓ Divorce
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- ✓ Missed Payments
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